

STAYING WELL

Make the Most of your Freezer

Freezing foods can maximize savings, reduce food waste, and decrease meal preparation stress.

Here are a few tips to ensure quality and food safety

Maximize Flavor:

For best results, cool and season foods lightly before packaging and freezing. Add more spices when reheating to maximize flavor

Containers:

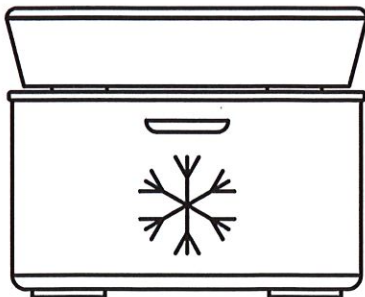
Use moisture resistant and leak proof containers. When using plastic and glass containers, allow a little extra space for the food to expand. Make sure they're tightly sealed.

Packing:

Pack food tightly with as little air as possible.

Labeling:

Unlabeled food is hard to recognize in its icy state. Be sure to label foods with the date and contents of the package.



Safe Thawing Techniques:

- Refrigerator: Keep food sealed and allow at least 24 hours to thaw.
- Cold Water: Run cold water continuously or change every 30 minutes until food is thawed.
- Microwave: Use recommended settings only if food will be cooked immediately after thawing.
- **DO NOT:** Thaw frozen foods on the counter or immerse them in hot water. This is unsafe because it allows for bacteria that were present before freezing to multiply.

Liven it up:

For more flavor finish reheated dishes with fresh herbs, spices, or a splash of lemon or lime juice.

10 Surprising Foods you can Freeze:

1. Applesauce
2. Peeled Avocados
3. Butter
4. Fresh Ginger
5. Shelled Eggs
6. Citrus Fruits
7. Grapes
8. Cooked Rice
9. Nuts
10. Cream Cheese—use for baking

